

To Refrigerate, or Not to Refrigerate

That is the question.

Refrigerate

Fruits

- Apricots
- Blackberries
- Blueberries
- Cherries
- Cut Fruits
- Figs
- Grapes
- Raspberries
- Strawberries

Veggies

- Asparagus (ends cut and placed in water)
- Green Beans
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery (wrapped in aluminum foil)
- Cut Veggies
- Green Onions
- Herbs (ends cut and placed in water)
- Lettuce
- Mushrooms
- Peas
- Radishes
- Spinach
- Summer Squash
- Sweet Corn

Do Not Refrigerate

Fruits

- Apples*
- Avocado*
- Bananas
- Cantaloupe
- Grapefruit
- Kiwi*
- Lemons
- Limes
- Mangoes
- Nectarines*
- Oranges
- Papayas
- Peaches*
- Pears*
- Persimmons
- Plums*
- Pineapple
- Pomegranates
- Watermelon

Veggies

- Cucumbers
- Dry Onions
- Eggplant
- Garlic
- Ginger
- Jicama
- Peppers
- Potatoes
- Pumpkins
- Sweet Potatoes
- Tomatoes
- Winter Squashes

*Apples, avocado, kiwi, nectarines, peaches, pears, and plums continue to ripen on the counter. Once they have reached the desired ripeness, they can be refrigerated for a few additional days of freshness.

**Adapted from UC Davis
Postharvest Technology - Storing Fresh Fruits and Vegetables for Better Taste